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Twin Falls, ID  
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*“Fitness and Nutrition: The Prescription for Healthy Aging”*

Senator Craig, and Senator Breaux, panel members, distinguished visitors, and ladies and gentlemen, I wish to thank you for the invitation to speak to you today.

I am Al Maguire a senior swimming athlete from Twin Falls Idaho who has participated in 5 national Senior Games, numerous state senior games, and many California regional games.

I have a book written by a nutritionist, Dr. Michael Colgan, who relates that our bodies have muscles which are in essence the machines which move us anatomically. Protein is the food that builds these muscles around our limbs. But our muscle machines can't work without fuel. Carbohydrates are that fuel. The bigger the muscle is... the more the available fuel capacity. There is another kind of food called “ fat.” There are good fats and bad fats... An athlete needs only the essential fatty acids. Eat two meals weekly of cold water fish, for example, salmon, trout, mackerel, and sardines. Saturated fats should be eliminated from your diet. Make a clear distinction between nutrients that are building materials, and nutrients that are fuel. Proteins, vitamins, minerals, and essential fats are predominately building materials. They are used long-term to grow a better body. All carbohydrates are predominately fuel and are critical for any particular performance to succeed.

Then comes “exercise”, you know, that which moves those muscle machines, that moves those lubricated limbs, that keeps all the neurotransmitters electrically and bio-chemically connected, and that facilitates the removal of waste toxins and the input of good nutrition for maintenance and the continuance of energy. During one of the national Senior Games I became impressed with some of the 90-year-old senior athletes who were still doing whatever they could to be active. There was even a 98-year blind athlete who swam long distances.

In the Twin Falls area there are over 800 people, 60 to 94 years old, within the city and in isolated locations who exercise three times a week for an hour by walking, resistance- training, and stretching and who have in a 10 week period achieved dramatic results when put thru the Fullerton, California “Senior Fitness Test.” The participants were tested for balance, lower body strength, upper body strength, flexibility, and cardio-vascular endurance. The College of Southern Idaho in the city of Twin Falls provides these above events which have great social inner activity under the personal care of the event's pioneer Jan Mittleider.

According to William Evans who wrote “Bio Markers” seniors who remain independent and are able to care for themselves at home just one month longer save the government millions. It would seem reasonable to conclude that prevention therefore is less costly than disability treatment.

Fortunately for me personally the existence of the Idaho State Senior games and its sponsors along with the National Senior Game Association, the NSGA, have helped me with the availability of accessible competition. I do remember back in 1948 when the world Olympics were activated again after World War II that it was very difficult for myself as an individual to even try out in any preliminaries. In 1993, because there was senior game help when I began my first senior game competition, opportunity was made very accessible and I was helped to overcome my fears and to continue with hope and courage.

The National Senior Game Association, now fortunately, has made available quantities of opportunities for all of the 10,000 men and women so that they may select any one of 18 different sport venues in which they are able to exercise, train, and finally to compete according to their own age group with peers who travel from all the 50 states of the U.S. from archery to volley ball. I do now personally thank them.

I now thank you Senator Breaux for your support of the NSGA and your sincere concern on behalf of the elderly and aged. Back in 1993 I heard you speak at the national senior games in Baton Rouge and I was personally impressed with your thoughts. I thank you also Senator Craig for giving me this opportunity to give my modest testimony.

Thank you!

I invite all committee members to attend the National Games in Hampton Roads, Virginia May 26 thru JUNE 9<sup>th</sup>.

I do now encourage all the committee members to get involved and support the National Senior Games Association, the NSGA, including the State Senior games in Idaho.

I would like to thank the Idaho Senior Games and the Select Committee on Aging for providing the transportation to be here with you.